



WWW.AZSHARE.GOV



SHARE Program

Ben Bobrow, M.D.

Medical Director, ADHS/ BEMS

Lani Clark

Director, Research and QI

for ADHS/Bureau of EMS

at University of Arizona Sarver Heart Center

(520) 626-4883

lanic@email.arizona.edu

www.AZSHARE.gov

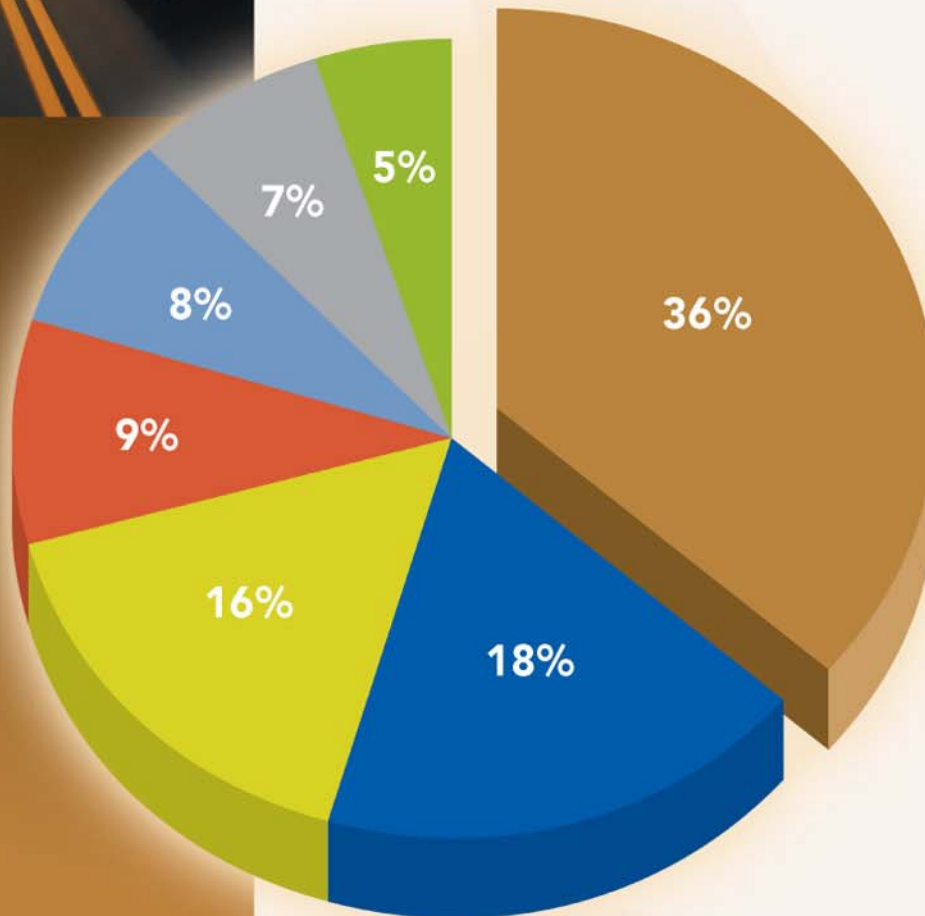


What is Cardiac Arrest?





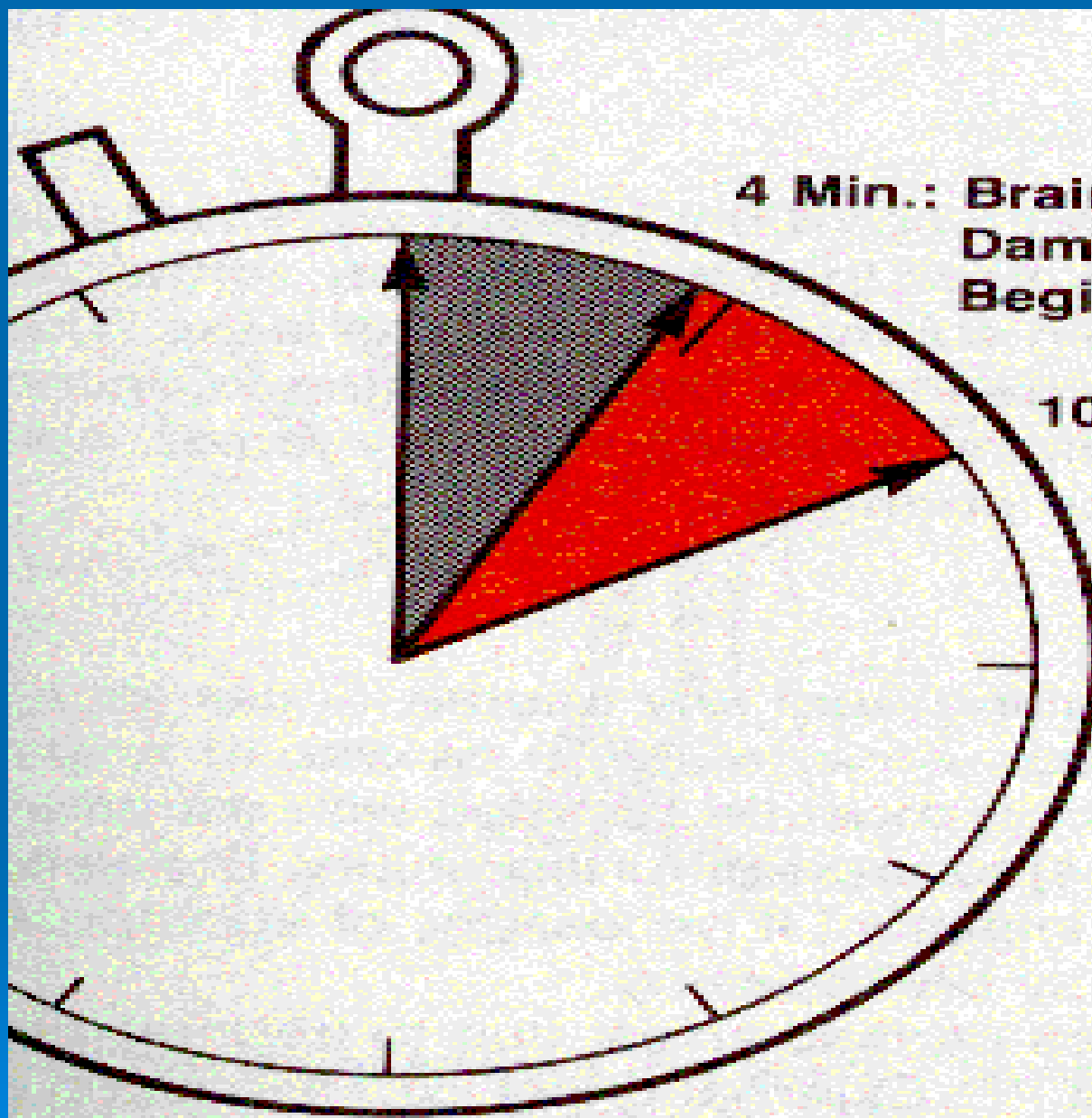
SUDDEN CARDIAC ARREST (SCA) Is THE #1 CAUSE OF DEATH IN THE U.S.*



- 465,000 deaths per year
- 2/3 of SCA deaths occur while at home, work or play
- 1/3 occur in hospitals

- Sudden Cardiac Arrest
- Stroke
- Lung Cancer
- Breast Cancer
- Traffic Accidents
- Homicide
- AIDS/HIV

*Cardiovascular Health Branch, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. Circulation. 2001;104:2158-2163.



**4 Min.: Brain
Damage
Begins**

**10 Min.: Brain
Death
Certain**



Low Rates of Bystander Assistance

- Typically <20% of bystanders do CPR

➤ Why?

- Complicated task
- Fear of causing harm
- Aversion to mouth-to-mouth contact





Shortening the Delay of Defibrillation Delegating Responsibility

Location of out-of-hospital cardiac arrest

76 % home

16 % public sites

7 % nursing homes

1 % medical clinics

Becker et al Second Conference of Public Access
Defibrillation



What is CCC?

- CCC is a new form of CPR developed through extensive research at UA SHC for use by layperson bystanders.
- CCC means continuous aggressive chest compressions to circulate the victim's blood through their brain and heart.
- No mouth to mouth breaths are necessary



When is it OK to use CCC?

- CCC is for use on adult (>8) unconscious and unresponsive people.
- CCC is not for drowning, infants/toddlers, drug overdoses and a known respiratory cause of the arrest. If you don't want to do mouth to mouth at least do chest compressions.



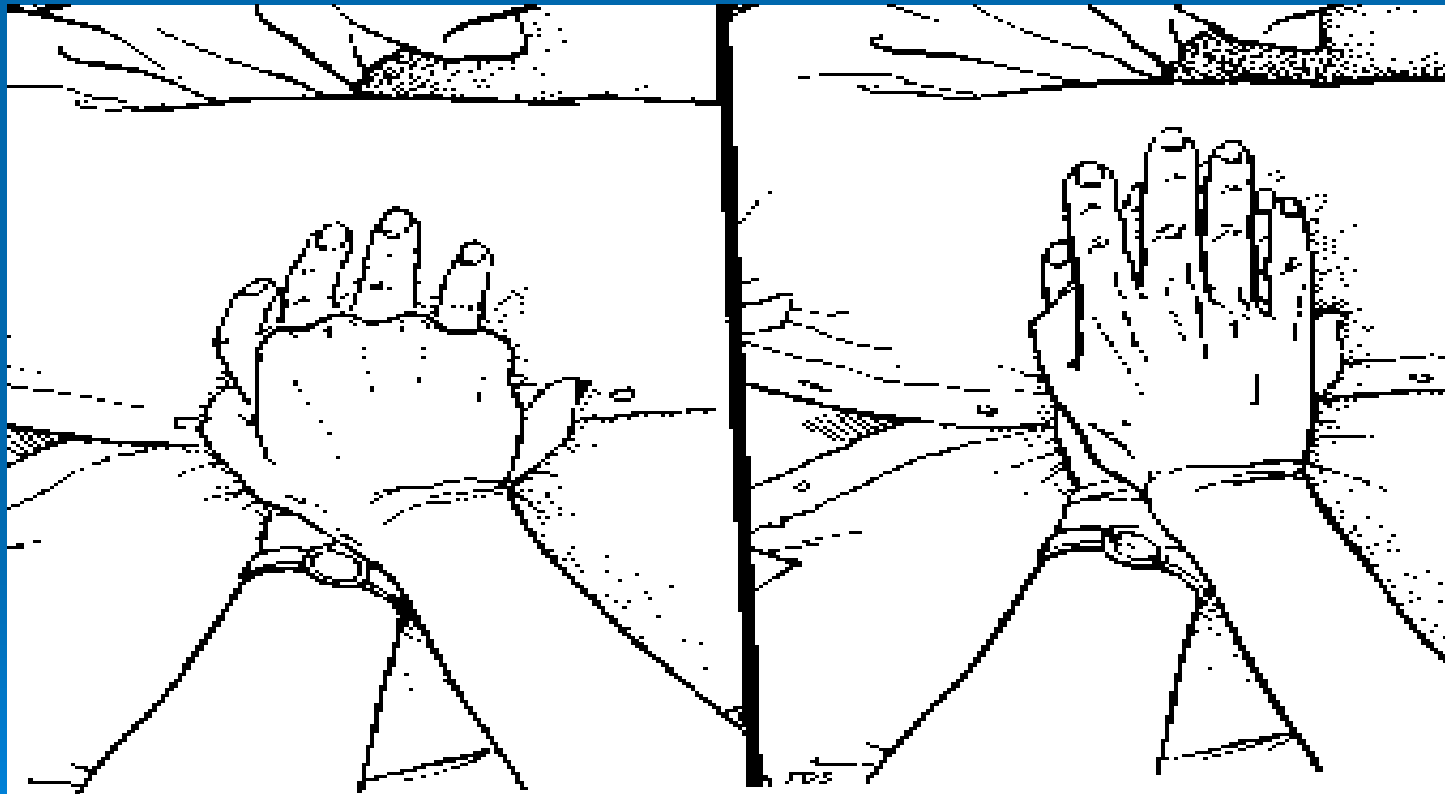
Why isn't Rescue Breathing necessary?

➤ Cardiac arrest

- Lungs and arteries are full of oxygenated blood
- Key is circulating the oxygenated blood already there
- Victims often gasp which is not normal breathing. They are likely to continue to gasp with CCC, providing the added benefit of better oxygenation

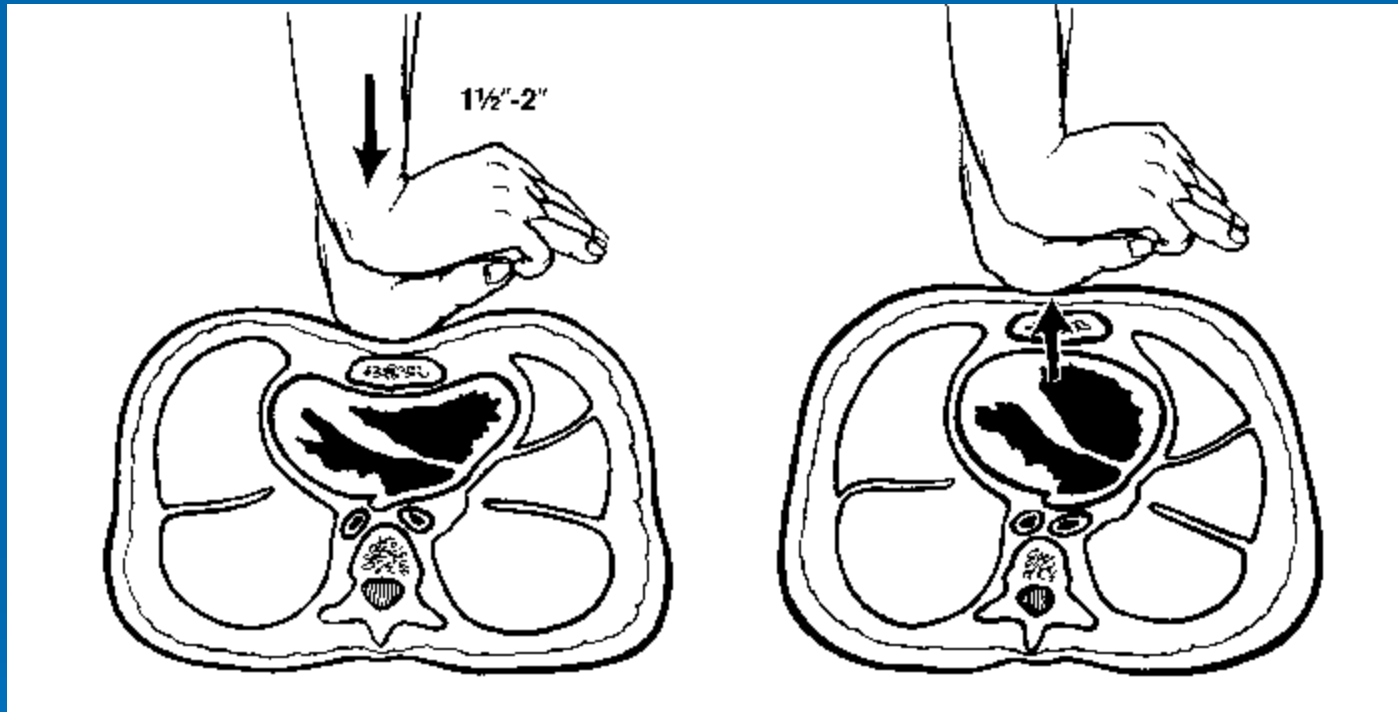


How do I do CCC?





How Hard???







Let's Review How: *Patient Assessment, CCC and AED*





CARDIAC ARREST ALERT AED ON PREMISES

IF YOU OBSERVE AN ADULT OR PERSON >8 COLLAPSE OR THEY ARE FOUND UNRESPONSIVE

- ➔ DIRECT SOMEONE TO **CALL 9-1-1** AND WAIT TO LEAD PARAMEDICS TO THE PATIENT
- ➔ DIRECT SOMEONE TO **GET AN AED**
- ➔ **START FORCEFUL CHEST COMPRESSIONS AT 100 PER MINUTE** IMMEDIATELY AND CONTINUE UNTIL AED OR PARAMEDICS ARRIVE.
- ➔ **ATTACH AED** TO PATIENT AND FOLLOW VERBAL INSTRUCTIONS
- ➔ **CONTINUE** PERFORMING FORCEFUL **CHEST COMPRESSIONS** AND FOLLOWING **AED** INSTRUCTIONS UNTIL ARRIVAL OF PARAMEDICS.